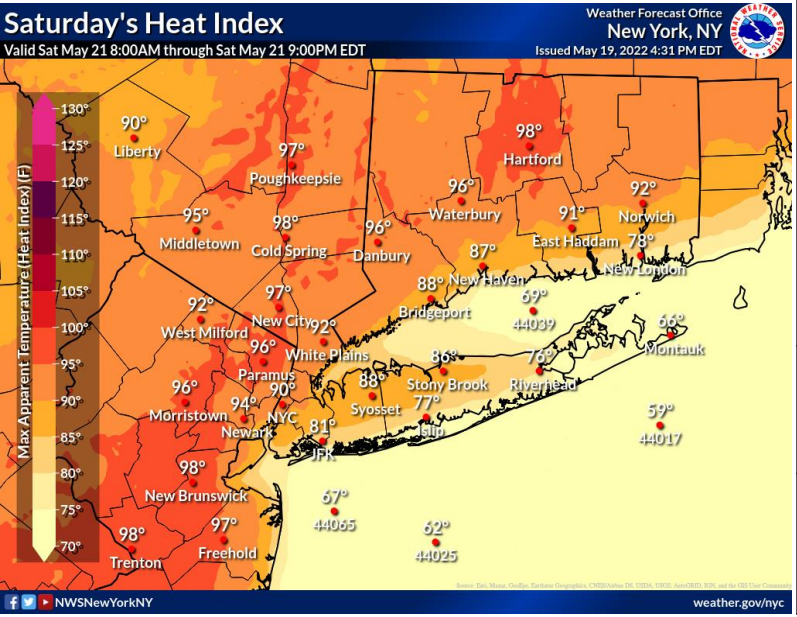


# Hot Temperatures this Weekend...



## OVERVIEW

- The first widespread 90 degree temperatures and heat indices of the season are expected this weekend



### HAZARDS & IMPACTS

**Heat** – Heat Indices of 90 to 95 F are **likely** Saturday and Sunday between 1 and 6 pm for northeastern NJ, much of the Lower Hudson Valley, and interior S CT, and **possible** for portions of the NYC metro, NW LI, coastal Westchester and SW coastal CT. Heat indices closer to the south coasts will be in the 70s and 80s.

- **Impacts** - After a cool Spring, there is an increased risk of heat-related illness for vulnerable populations this weekend with this first heat event of the season.

**Cold Water** – Ocean and nearshore water temperatures are still in the 50s to near 60 degrees.

- **Impacts** - Physical incapacitation and hypothermia are likely in as little as 10 minutes if you fall in the water, greatly increasing the risk of drowning.

**Rip Current Risk** – Moderate, to potentially high, rip current risk Saturday and Sunday.

**Scattered thunderstorms** – Sun Eve, particularly for NYC and points N &W. Any thunderstorms are expected to stay below severe limits at this time.

### NWS ALERTS

- Heat Advisories may be needed for interior portions of the local Tri-State Region this weekend.

### NEXT BRIEFING

- By 5pm Friday

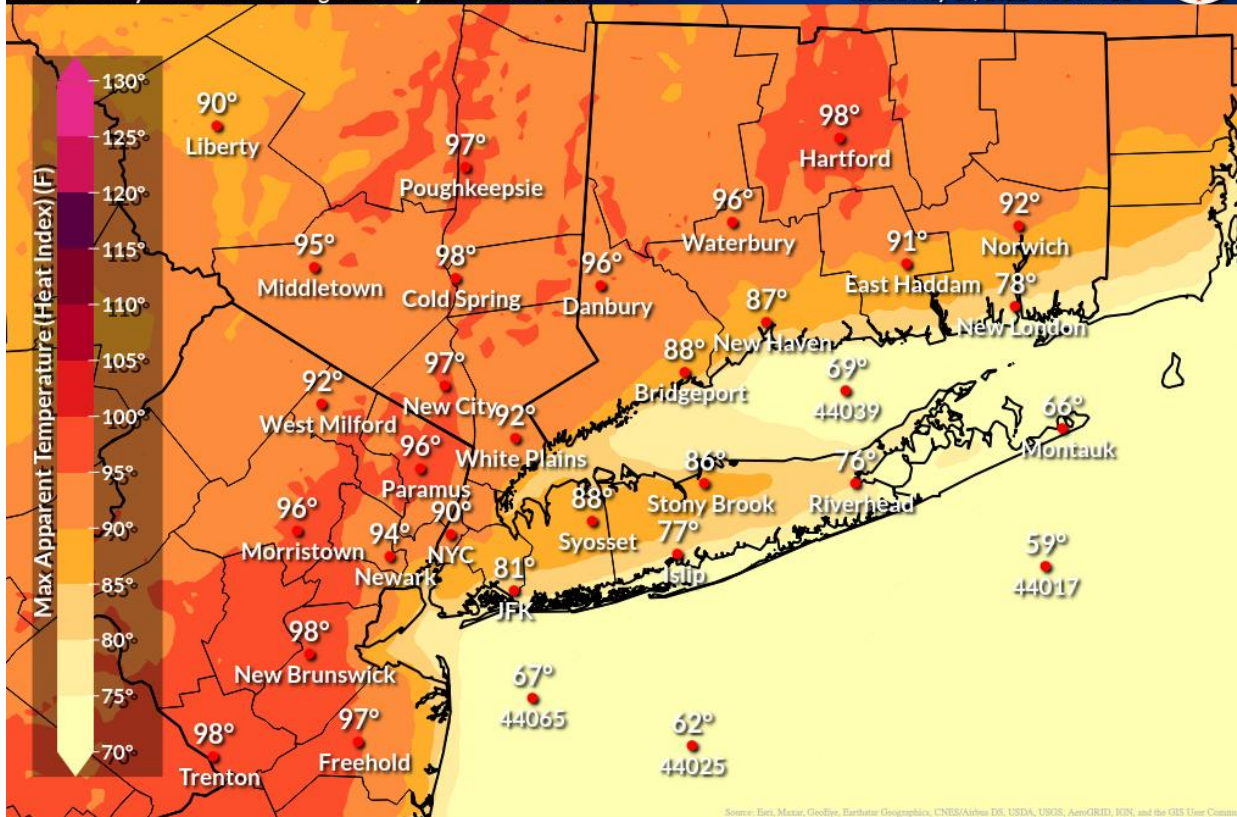


# Saturday's Heat Index

Valid Sat May 21 8:00AM through Sat May 21 9:00PM EDT

Weather Forecast Office  
New York, NY

Issued May 19, 2022 4:31 PM EDT



Sources: Eart, Maxar, GeoEye, Earthstar Geographics, CNES/Airbus DS, USDA, USGS, AeroGRID, IGN, and the GIS User Community

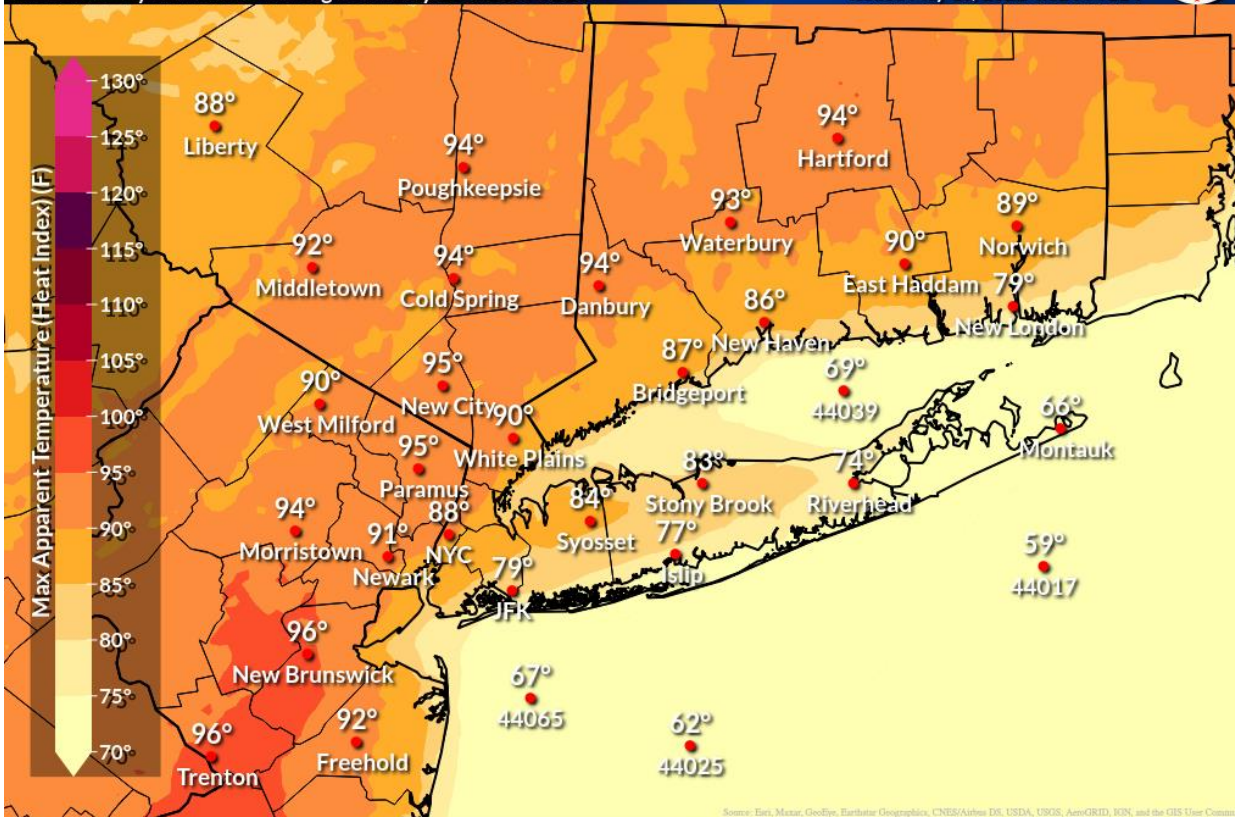


# Sunday's Heat Index

Valid Sun May 22 8:00AM through Sun May 22 9:00PM EDT

Weather Forecast Office  
New York, NY

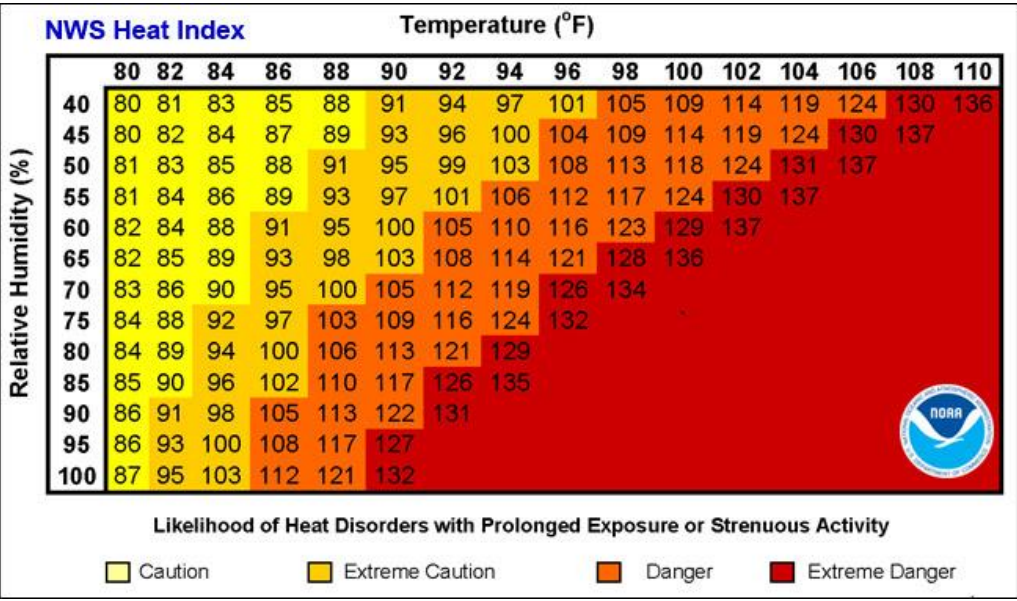
Issued May 19, 2022 4:32 PM EDT







The heat index is a measure of how hot it really feels when relative humidity is factored in with air temperature. You can use this chart to find the heat index yourself. For more information on Heat Safety, please go to:  
<https://www.weather.gov/safety/heat>



Classification	Heat Index	Effect on the body
Caution	80°F - 90°F	Fatigue possible with prolonged exposure and/or physical activity
Extreme Caution	90°F - 103°F	Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity
Danger	103°F - 124°F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
Extreme Danger	125°F or higher	Heat stroke highly likely



# Heat Impacts: *Vulnerable Populations*



**PREGNANT**



**NEWBORNS**



**CHILDREN**



**ELDERLY**



**CHRONIC ILLNESS**

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.



NEVER leave anyone alone in a closed car



Drink plenty of water, even if not thirsty



Use air conditioners and stay in the shade



Wear loose-fitting, light-colored clothing

weather.gov



[https://www.weather.gov/wrn/heat\\_infographics](https://www.weather.gov/wrn/heat_infographics)



# Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable.  
Protect yourself and others from the  
impacts of heat waves.



[weather.gov/heat](https://www.weather.gov/heat)



## Job Sites

Stay hydrated and  
take breaks in the shade  
as often as possible



## Indoors

Check up on the  
elderly, sick and those  
without AC



## Vehicles

Never leave kids or  
pets unattended -  
LOOK before you LOCK



## Outdoors

Limit strenuous outdoor  
activities, find shade,  
and stay hydrated

[https://www.weather.gov/wrn/heat\\_infographics](https://www.weather.gov/wrn/heat_infographics)



# Cold Water Safety

## Physical Incapacitation in water below 60F



**Physical incapacitation happens in 10 minutes in waters of 50 to 60 degrees.** You become physically helpless in the water because you can no longer control your arms, legs, hands and feet



### When cold water cools your muscles and nerves:

- You become progressively **weaker**.
- You become **exhausted** more rapidly.
- Your hands become **numb** and **useless**.
- Your arms and legs **stop working**.

### What this means:

- Unable to self-rescue.
- Unable to assist other people who try to help you.
- Swimming failure.
- Unable to position your back to the waves.
- Greatly increased risk of drowning.

# Cold Water Safety

## Preparedness / Action



### COLD WATER SAFETY

- Wear a life vest during water activities
- Keep a close eye on children
- Alcohol enhances hypothermia
- Even experienced swimmers can lose muscle control very quickly
- Fast-flowing water will make rescue difficult



### BE AWARE!

Even though temperatures are warming, rivers, lakes, and streams are still cold and running fast, especially with mountain snow runoff.

Visit our website for the latest forecast  
[www.weather.gov](http://www.weather.gov)

### Know Before You Go

- Be sure to check the **weather** and **water temperature** before you go out.
  - If water is too cold, consider changing plans
  - Dress for the water temperature, NOT the air temperature, this includes a wetsuit or dry suit.
  - Always wear a life jacket
- NWS New York issues Marine Weather Statements and social media posts in the Spring to alert of the dangers of Cold Water Shock and Incapacitation ahead of busy boating weekends and holidays!
- For more information visit:  
[www.weather.gov/safety/coldwater](http://www.weather.gov/safety/coldwater)

